

Conscious Dating® Readiness: Coaching Program Structure

In an open-ended coaching format, the Readiness stage of Conscious Dating can take anywhere between 6-12 weeks (or longer) depending upon how much homework the client feels comfortable doing and what comes up during each coaching session that needs to be addressed in addition to the core program.

For marketing purposes, we recommend promoting a structured format with a program length that works for you (ex: 90 days, 12 weeks, etc.) and price it accordingly. This is the minimum coaching commitment and you will structure your program to complete in this time frame. Then, as is common, if the client wants to spend more time in a specific area or address areas outside of Conscious Dating, then that will increase the time you spend and the cost. Identify and negotiate projected additional costs and time extensions as soon as possible. You might transition your client to an open-ended coaching relationship with a minimum commitment (we recommend 3 months) if they appear to need more than the structured format allows. This is actually the desired result.

It is important that the client is clear about how much time they are willing to commit to do the assigned homework and understand the program will need to be extended if they aren't able to complete homework assignments. If a client doesn't complete the exercises as homework you will need to work on them in session, which will extend the time needed to complete the program. Be accepting of whatever your client does or doesn't do as it is common and OK if the client needs more time and support to complete the exercises. Again, discuss this with them as soon as possible and re-negotiate the coaching contract as needed.

The following is a suggested structure for a 12-week program. You would need to double up for a 6-week program. In each session you would review and coach the homework assigned from the previous session.

And, of course, feel free to modify this suggested structure as you wish.

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12-Week Conscious Dating® Readiness Program Structure

Session	Assigned Homework
Pre-Session	<ul style="list-style-type: none">• Relationship Readiness Assessment• Handout: Top Ten Tips for Getting Maximum Results from This Program• Any other CD Readiness Handouts you think appropriate for your client
Session 1	<ul style="list-style-type: none">• My Mind Map• My Collage
Session 2	<ul style="list-style-type: none">• What I Want to Be, Do, and Have• My Perfect Day
Session 3	<ul style="list-style-type: none">• My Values and Life Purpose• My Vision Statement
Session 4	<ul style="list-style-type: none">• My Relationship History and Patterns• Personality Trait Profile
Session 5	<ul style="list-style-type: none">• My Relationship Requirements• My Needs• My Wants
Session 6	<ul style="list-style-type: none">• Finalizing My Vision, Requirements, and Needs
Session 7	<ul style="list-style-type: none">• Self-Profile (Where I am Now)• Lifetime Partner Profile
Session 8	<ul style="list-style-type: none">• Goals for Living My Vision
Session 9	<ul style="list-style-type: none">• My Conscious Dating Plan• My Dating Strategies
Session 10	<ul style="list-style-type: none">• My Attraction Venues
Session 11	<ul style="list-style-type: none">• Who I am and What I Want (review of exercises 1-11)• How I Will Get What I Want (review of exercises 13-18)• My Promise to Myself• Relationship Readiness Assessment (again)
Session 12	Go over review exercises, debrief program experience and progress so far, review Relationship Readiness Assessment and compare with first version, discuss readiness status and Conscious Dating Plan, enroll for Attraction stage coaching (if you haven't already done so).